

heart+beat@PLMC



As a family, PLMC is committed to being more inclusive, involving the differently abled in church life.
 作为一个大家庭，PLMC 致力于更加包容，让残障人士参与教会生活。

Together, Everyone is Accepted at PLMC 济济一堂，每个人都能在 PLMC 被接纳

Bonded together by a common belief that every member of the body of Christ is essential, each with a special function and purpose, the Inclusive Initiative was started to foster an inclusive and supportive community within the church for those who are differently abled.

On 29 August, PLMC held our inaugural Inclusivi-TEA, a gathering for people with varying abilities and their caregivers to come together for a time of connection and support. Participants enjoyed getting to know one another over crafts and food amidst the warm atmosphere and much laughter.
 (continued on page 2)

“基督身体的每个成员都至关重要，各自承担着特殊的职责和使命”，这一共同的信念使我们团结在一起。

包容性倡议的发起是为了在教会内为残障人士营造一个包容互助的群体。

8月29日，PLMC举办了首届包容性茶会（Inclusivi-TEA），让残障人士及其照护者相聚一堂，增进联系，互相支持。在温馨的氛围和欢声笑语中，参与者们通过手工制作和美食，增进了彼此的了解。

(接第 2 页)

In this issue:

A record fundraiser for MWS Fellowship on the Greens

Men at Work: Breakfast Talk with Lim Siong Guan

Aflame Worship Night

Events in September



The Inclusivi-TEA event showed that though we are differently abled, we are one in Christ.
包容性茶会活动展示了：尽管我们的能力各有不同，但在基督里我们是一体的。

The highlight for me came during the introduction activity, when one of our participants, Thaddeus, was asked what he enjoyed doing. He shared that he loved singing worship songs and then immediately 'jio-ed' the entire group into worship by singing *From the Rising of the Sun*. His genuine joy in praising God and fearless declaration of adoration moved all of us. In that moment, I caught a glimpse of the heart of a worship leader shining through him.

Moments like these remind me that the differently abled are not simply recipients of care, but vital contributors to the life of the church. Too often, we subconsciously assume that able-bodied or neurotypical people are the ones who can and are able to serve, while others are served. Yet Thaddeus' example powerfully demonstrated that every child of God has been uniquely enabled by Him to serve the body of Christ. Thaddeus didn't just receive that evening—he led us in worship.

At PLMC, this is the vision we want to live out: to see every person—differently abled individuals and their caregivers included—discipled, serving, and fully integrated into the life of our church.

If you would like to be part of this journey, do email Dr Low Kwang Meng at kwangmeng@plmc.org or approach any of the Inclusivi-TEA champions. – Su Mei Lenden-Hitchcock



PLMC's Inclusivi-TEAM and co-workers
PLMC 的包容性团队和同工。

对我来说，当天的亮点出现在彼此认识时段，当时一位参与者 Thaddeus 被问到 he 喜欢做什么。他分享说他喜欢唱敬拜歌曲，然后立刻用《从日出之地》带领全班一起敬拜。他赞美神时真挚的喜乐和无畏的敬拜宣告感动了我们所有人。就在那一刻，我瞥见了他那颗敬拜领袖的真心，闪耀着光芒。

这样的时刻提醒我，残障人士不仅仅是被照顾的对象，更是教会生活的重要贡献者。我们常常潜意识地认为，只有健全人或神经正常的人才能服侍，而其他则只能被服侍。

然而，Thaddeus 的例子有力地证明了，每个神的儿女都蒙祂独特赐力以服侍基督的肢体。Thaddeus 那天晚上不仅领受了恩典，他还带领我们敬拜。

在 PLMC，这就是我们想要活出的异象：看到每个人——包括残障人士及其照顾者——都得到门徒训练、服侍，并完全融入我们教会的生活。

如果您想参与这旅程，请发送电子邮件给刘光明博士 kwangmeng@plmc.org 或联系任何一位 Inclusivi-TEA 倡导者。

Setting new records for MWS Fellowship on the Greens 为 MWS 高尔夫球筹款活动创下新纪录



*PLMC's golfers and prophetic artists at the MWS Fellowship on the Greens gala dinner.
(below) Bishop Philip Lim with Darren Teo and his painting, The Third Day.*

Paya Lebar Methodist Church was the convening church of this year's Methodist Welfare Services' (MWS) annual fundraiser, Fellowship on the Greens, to benefit the newly opened MWS Nursing Home – Eunus. The organising committee was led by James Tham and comprised Ian Foo, Bert Choong, Choo Lim Kang, Gary Su, Roland Teo and Yong Eng Wah.

Apart from the golf competition and gala dinner on 6 August 2025, the organising committee also produced a video to showcase the new facility and its services, which was screened during our worship services on 29 June to rally worshippers to support the cause.

They also collaborated with PLMC's Drawings from Heaven Prophetic Art team, which donated five paintings to be auctioned at the gala dinner. Each artist was featured in a video vignette sharing how the Holy Spirit had spoken to them through specific Bible verses, inspiring the themes and shaping the final artworks. The sharing resonated with audience members who bid generously.

In total, PLMC raised over \$586,000. The sum was multiplied five times, thanks to the generosity of a private fund and matching grants from the Singapore Government. In all, PLMC raised a record \$2.9 million. Praise the Lord!

The icing on the cake? PLMC emerged the overall men's team champion, taking home the Dr Tay Eng Soon Challenge Cup for the first time in 10 years. What's more, the top women's golfer and the top four men's golfers were all from PLMC! The jubilant team shared the trophy with the PLMC family during the service that Sunday, on 10 August.

James Tham said, "I am truly grateful for the opportunity for PLMC to be part of this fundraising event to be a blessing to the community. To God be the glory!" – Geraldine Yeo



卫理公会巴耶利峇堂是今年卫理福利服务（MWS）年度筹款活动“绿茵团契”的主办教会，旨在为新开张的MWS护理院 - Eunus筹集资金。

除了高尔夫比赛和筹款晚宴外，组织委员会还制作了视频在主日崇拜中播放，号召信众们支持这一事业。PLMC的《来自天上的画作》先知艺术团队也捐赠了画作在晚会上进行拍卖。

最后PLMC 创下了 290 万美元的筹款新纪录。赞美主！锦上添花的是，PLMC 的男团10 年来首次夺得Dr Tay Eng Soon挑战杯的总冠军。此外，最佳女球手和前四名男球手全都来自 PLMC！

组织委员会主席 James Tham 表示：“我非常感恩PLMC 有机会参与这次筹款活动，为社区带来祝福。愿荣耀归于上帝！”

Men at Work: Leading with Excellence and Faith



PLMC members with distinguished guest speaker Mr Lim Siong Guan, who shared about leading with excellence in the marketplace



On 2 August, the Men's Ministry of Paya Lebar Methodist Church had the privilege of hosting Mr Lim Siong Guan, esteemed Senior Civil Servant, for an enriching session on leadership and workplace excellence. Drawing from his 37 years in the public sector, including serving as Head of Civil Service, Mr Lim addressed the 130 attendees about the importance of fostering a forward-thinking leadership, cultivating a culture of excellence, and preparing for the future.

He shared candidly about navigating uncertainty in today's complex environment, offering practical strategies for effective leadership and underscoring the pivotal role that organisational culture plays in long-term success.

Beyond leadership principles, Mr. Lim spoke passionately about integrating faith into the workplace—bringing Jesus into our daily work by serving others and empowering those around us.

He reminded the audience that our conduct mirrors our values, and as followers of Christ, we are called to love God and love our neighbours.

The sharing was followed by a lively dialogue and candid Q&A session facilitated by PLMC member, Henry Lee.

Mr Lim's talk left participants both inspired and challenged to make a positive impact in the marketplace—pursuing excellence while grounded in faith. – *Marcus Ang*



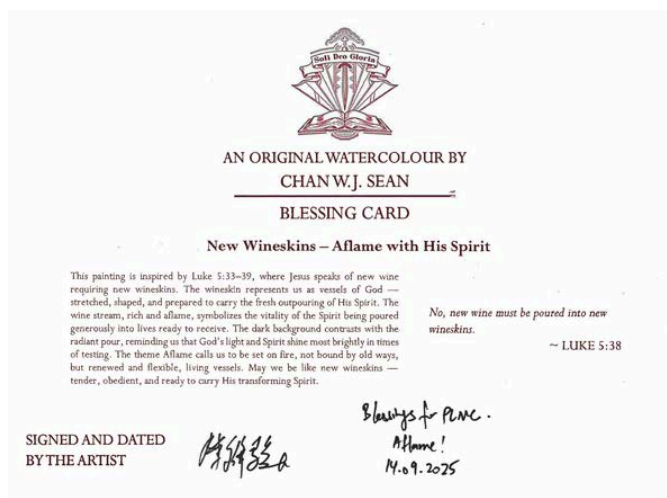
Hearts on Fire at Aflame Worship Night

New at PLMC this year is Aflame Worship Night, a collaboration between the Worship & Music and Youth ministries that is held every quarter on a Friday.

The first Aflame Worship Night was held on 23 May, while the second was on 22 August. Worshippers are invited for an extended time of soaking in the Lord's presence, just sitting at His feet in adoration and obedience. They are encouraged to freely offer up praise and worship to God Almighty through various creative means such as song, art, dance and flagging.

Two of our prophetic artists, Sean Chan and Darren Teo, share the paintings they had created at the recent August session.

The next Aflame Worship Night will be held on Friday 21 November. All are welcome!



Date: 22 August 2025

Event: Aflame Worship Night

Artist: Darren Teo

Title: Praise looks good on you

Material: Acrylic on canvas

Subject: A symbolic download on how God sees us when we worship. The Trinity takes great delight in us. He sees, like the beautiful water lily flower and He calls us His beloved. He renews us with His love and dances over us with great rejoicing.

Verse: Zephaniah 3:17

events in SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
	<ul style="list-style-type: none"> • Companions in Christ (ev Mon, till 13 Sep) • Christian Believer (till 6 Oct) • GYM Line Dancing (ev Mon, Wed & Thu) 	<ul style="list-style-type: none"> • 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) 	<ul style="list-style-type: none"> • Corporate Prayer Meeting • GYM Line Dancing (ev Mon, Wed & Thu) 	<ul style="list-style-type: none"> • GYM Line Dancing (ev Mon, Wed & Thu) • Disciple 1 (till 27 Nov) • Hermeneutics ((till 2 Oct) 	GYM Stretch & Tone (ev Tue & Fri)	<ul style="list-style-type: none"> • Outreach – Woodleigh • Sonshine Kids • WSCS Risen Moms • Nicene Creed talk • Baptism & Membership Class (till 11 Oct) • Alpha (till 4 Oct)
	07	08	09	10	11	12
Outreach – Migrant Workers English Class (ev Sun)		Outreach – St Luke's Serangoon, Friends of Jesus (ev Tues except 1st Tues)	Just War or Just Wrong – Christian reflection on National Service	GYM Senior Connect (ev 2nd Thur)	Outreach – Shaw Road (ev Fri except 1st Fri)	<ul style="list-style-type: none"> • Outreach – Buangkok, ECON RR • Sonshine Kids • Men's Ministry (ev 2nd, 3rd & 4th Sat)
	14	15	16	17	18	19
	WSCS Outreach – Anglican Family Centre	Outreach – St Luke's Lor Ah Soo, Friends of Jesus	Missions Prayer Meeting (ev 3rd Wed)	YA Finance Hotspot	<ul style="list-style-type: none"> • MCS 140th Anniversary Celebration Service • Outreach – Shaw Road, Hope SCC 	<ul style="list-style-type: none"> • Outreach – Serangoon, ECON RR • Sonshine Kids • Young Adults Industry Meets
	21	22	23	24	25	26
Bahasa Fellowship (ev 3rd Sun)		<ul style="list-style-type: none"> • Last Local Conference • LCEC • Outreach – St Luke's Hougang, Friends of Jesus 	Just War or Just Wrong – Christian reflection on National Service		<ul style="list-style-type: none"> • Outreach – Shaw Road 	<ul style="list-style-type: none"> • Leadership Retreat • Outreach – Lor Lew Lian, COME ministry • Sonshine Kids • WSCS Ministry to AFC kids
	28	29	30			
		A Quiet Day retreat (for CIC participants)				

Note: Listing is not exhaustive

A FAMILY BLESSED TO BLESS THE COMMUNITY AND THE NATIONS

5 Boundary Road S(549954) • Tel: 6285 1234 • contact@plmc.org • plmc.org