



PRESCRIPTION

A Singapore Nurses' Christian Fellowship Newsletter

MCI (P) 061/08/2022 September - December 2022

Humility: an Out-flowing from our Identity and Uniqueness in Christ

It has been a while since I last had a silent retreat and it was a refreshing awakening to my spirit, opening myself up to hear God's voice speaking so clearly and personally.

Alice Ong, our advisor, guided the Executive committee members to a time of drawing near to God through Lectio Divina and an Awareness Walk in Bukit Batok Nature Park.



Lectio Divina is a slow, contemplative meditation exercise on the Scriptures as it is being read. It enables the Word of God to speak to us as we cultivate the ability to listen deeply, to hear "with the ear of our hearts" for the soft prompting of the Lord. Then we respond to God as we hear His prompting.

Awareness Walk is a time where we explore the environment, opening up our senses to God speaking through His words and creation.

To help us nurture a reflective life and heighten our awareness of the sacred, we are to practice the **3 habits of the heart**: to **Read the moment** – using our eyes to see what is going on around; **Reflect on the moment** – engaging our mind to consider its significance; and

Respond to the moment – allowing what we have seen or felt to have a place in our hearts, and allowing it to grow from there, upward to God and outward toward other people.

In Lectio Divina, we were asked to quieten down and focus on Isaiah 6:1-8 as Ms Alice Ong reads aloud. When she came to verse 7, I heard the Lord telling me that "your guilt is taken away and your sin atoned for." Yes, I was plagued with guilt about my past failures and wrongdoings.

I felt led to return to nursing workforce in 2018. I wanted to glorify God in my work. Yet, having left nursing for 10 years, I experienced culture shock and struggled to adapt. I have not been able to live up to my own expectations. I struggled to be an effective witness for Christ and felt that I was unable to glorify God with my performance. I have been a Christian for so many years, yet I am often plagued with the accusations that "though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again." (Hebrews 5:12 NIV)

SNCF MOTTO	One in Christ	SNCF MISSION STATEMENT	SNCF seeks to bring Jesus Christ to nurses, equipping and helping them find meaning and purpose in their work.
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God reminded me that He has taken away my guilt and my sin was atoned for. Jesus Christ has paid for my sin when he died on the cross.

He has redeemed me from the sin of pride, which led me to wilfully turn to unhealthy coping mechanisms, such as indulging in playing handphone games and binge eating, instead of seeking the Lord through prayers.



After Lectio Divina, we proceeded to Bukit Batok Nature Park for our Awareness Walk, but we took a longer route. As I used to live and work in that region for many years, I could have led the way. But why didn't I lead? Because I was not bold enough to lead. I have my fears – “What if I lead wrongly? It has been for a long while since I visited this place,” I said to myself. On the inside, I also held to the teaching of “thinking of others better than yourself”. Others looks more confident, maybe they know better. But in this case, it is not so. Through this incident, God drew me to ponder more deeply into Phil 2:1-11, the familiar passage about the humility of Christ.

Philippians 2 ... ³*Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.* ⁴*Each of you should look not only to your own interests, but also to the interests of others.* ⁵*Your attitude should be the same as that of Christ Jesus:* ⁶*Who, being in very nature God, did not consider equality with God something to be grasped,* ⁷*but made himself nothing, taking the very nature of a servant, being made in human likeness.* ⁸*And being found in appearance as a man, he humbled himself and became obedient to death — even death on a cross! ...*



In our Christian walk, humility is highly esteemed as an admirable virtue. We were taught to emulate Jesus.

Jesus is humble, gentle, and he showed it in his life and teaching (John 13:1-17; Phil 2:1-11). There are teachings about embracing “Servant leadership”, to lead through service and these behaviours are promoted in the Christian circles.

- How do one become humble?
- What is humility?
- Is letting others override us humility?
- Does humility mean that we become a “doormat” for others to step all over us?
- Does humility mean that we cannot be bold to speak our mind?

In my reflection of Phil 2:1-11, it dawned on me that Jesus is first and foremost God. He is “in very nature God”. That is a fact. His identity is firmly and securely anchored in who he is. He has the right attitude of not grasping on to this fact of his equality with God. He chose to make himself nothing. He sacrificially took the nature of a servant, being made in human likeness – with all the limitation that comes with being human. After these series of choices and sacrifices comes his final submission in the step to suffer such a humiliating death on the cross! But all these steps start from the fact that his identity is firmly rooted in who he is. Humility is an inside-out manifestation. This was an enlightening insight for me.

In my last employment, I had the opportunity to take on a short-term contract to cover the role of Assistant Director of Nursing in a small private nursing home. In my attempt to be humble, I do not mind washing dishes or sweeping the floor when the need arises. I do not mind how others in the Home viewed me because I wanted to honour God and glorify him. However, my efforts were merely outward manifestations. It lacked the firm inner foundation and assurance of my identity in Christ. These deeds did not make me humble. I am still proud inside. Thus, I recognize that one cannot be humble until he / she is firmly rooted in his /her identity in Christ.

How then can I build my identity in Christ?

First and foremost, I have to accept what Scriptures say of me. In Ephesians 1, God has chosen me in Christ “to be holy and blameless in his sight”. He has “predestined us to be adopted as his sons through Jesus Christ. In him, we have redemption through his blood, the forgiveness of sin” (Eph 1:4,5,7). I am a child of God. I am fully and totally accepted by God. God sees me as holy and blameless. He has adopted me. He has forgiven my wrong-doing and failures. I am God’s workmanship, “created in Christ Jesus to do good works, which God prepared in advance for us to do” (Eph 2:10). Other scriptures mention that I am “a royal priesthood, a holy nation, a people belonging to God” (1 Peter 2:9). I am the bride of Christ (Eph 5:27; 2 Cor 11:2; Rev 19:7). (There are many more scripture passages that affirm our identity in Christ). The more I meditate on what God says of me, the more I can assimilate the truth and rebuild a healthier foundation.

Coupled with that, I have to accept what God has created me to be. Many times, I aspire to be someone else. I look at this person, she is so gentle. I hope I can be like her. I look at another, she is so confident. I hope I can be like her. I look at everyone else and hope I could be like them. I look at myself and I don’t like what I see. Whatever compliments others give me, I disregard as insignificant. So how can I develop a healthy self-image when I keep doing that? I need to rediscover once again who God created me to be, the unique me with my own mix of talents and faults. I need to accept my strengths and give thanks to God for my weaknesses. I am on the way to discovering a healthier me, when I accept who God says I am and who God creates me to be.

As I wandered on in the park, I also noticed some ants standing on the leaves, refreshing themselves. It surprised me, as I always associate ants with busyness and diligence. God seems to say that, despite the busyness of work, we need to take time to refresh ourselves. With the stressfulness of serving in the frontline, battling the ever-changing strains of coronavirus, it is a timely reminder that we need to take time to refresh ourselves before we plunge into the endless work.

Practising silent retreat periodically is a good way to refresh and re-align us back to what God is doing, so that we can partner with Him to accomplish His good work.

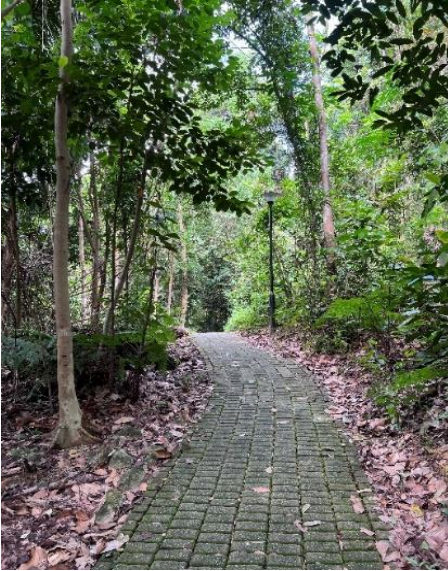


Serene Kang
SNCF ExCo Member 2022

My First Spiritual Retreat on 15 October 2022

Recently, the busy daily works and the unending to-do list almost occupied my whole mind and depleted most of my energy. Honestly, it also pulled my attention away from focusing on GOD. I did not have much quiet time with God.

The SNCF Spiritual Retreat for members of the Executive Committee was like God's calling, to draw me near to God and feel the presence of Holy Spirit. Furthermore, it refreshed my soul.



It is my first time to attend a SNCF Spiritual Retreat. During LECTIO DIVINA, I thought I would fall asleep when I closed my eyes and sat alone there quietly.

But surprisingly, as I was guided to simply focus on listening to God's Word, Isaiah 6: 5, the verse seemed to directly hit my heart *"I am ruined! For I am a man of unclean lips, and I live among people of unclean lips and my eyes have seen the king, the LORD Almighty."* It was I, sinful and unclean. I was always led by the hustle and the bustle of work and I struggled by myself. I even forgot to look up to God and seek His direction.

I reflected and confessed: "Heavenly Father, You know my weaknesses and struggles, I am so sorry for my sins. I ask today, with love for You to cleanse my thoughts and words, and purify my heart as a new-born. I will ONLY depend on You, put You as the first priority in my life."

Then Isaiah 6: 7 came to my ears: *"See, this has touched your lips; your guilt is taken away and your sin atoned for."* I was stunned by God's presence, His forgiveness and infinite love. My heart was filled with the indwelling of the Holy Spirit and felt relieved with God's peace and joy. After that, the experience of the reflective exercise was totally different from my routine morning brisk walk.

Heading to the Bukit Batok Nature Park, I slowed down my usual fast pace through the lush foliage along the meandering foot path. A fresh and cool breeze blew over my cheeks. I "emptied" my mind and immersed myself totally in the nature. I heard the birds chirping and singing merrily at the top branches and the iridescent flowers dancing in the wind under the brilliant sun. It was the melody of nature.



I gasped in admiration. God, it is You who created such stunning views of the quarry. I have been missing so much of the beautiful things in nature which were there for me to appreciate. Thank you, God, for allowing me to feel your greatness.

Suddenly, I heard a rustling inside one clump of death bushes along the foot path. I saw a black snake slowly moving towards the path. I slowly passed by. The snake did not attack me. God, it was your protection. You are always with me, protecting me from any evil and danger in my life.



The SNCF Spiritual Retreat was truly a wonderful experience for me. The personal quiet time deepened my communion with God. The reflective exercise continued to let me realise God's Greatness and that God's way would be the only direction in my life. The Spiritual Retreat not only built up my intimate relationship with God, but also established and strengthened my root in Christ.

Pan Ning
Member of SNCF ExCo 2022

NURSES DAY CELEBRATION 2022

The Joy of the Lord is my strength



Photo: Alice Phua (standing) with SNCF members and friends.



Photo: As per SNCF tradition, August 'babies' also had their birthday celebration alongside cutting of Nurses' Day cake.

After a two-year break as a result of the COVID pandemic, the Singapore Nurses' Christian Fellowship (SNCF) finally had the opportunity to organize the Nurses' Day (hybrid) Celebration on 1 August 2022.

The theme of the celebration was taken from Nehemiah 8:10 – "The Joy of the Lord in my strength" It was not just a celebration for the nursing profession in Singapore but also to express our gratitude and praise to our God for His protection on the whole healthcare profession. We had our very own EXCO member Xiao Juan who shared with much passion on her personal journey and testimony of God's goodness upon her.

The onsite segment was indeed a very joyful and interactive face to face celebration with a total of 55 members who attended the event at Fairfield Methodist Church. Many more attended online. Beside the performances put up by nurses from St Luke's Hospital, it was also great time of catchup and warm fellowship with each other – missed by all as a result of the social distancing implemented by our government for the past two and a half years.

All glory and praise to our God!

Alice Phua
President, SNCF



ANNOUNCEMENTS

SNCF 64th Annual General Meeting

Date: Saturday 14 January 2023

Time: 3pm Prayer

3.30pm Refreshment

4pm AGM

Place: Fairfield Methodist Church, Encounter Lounge level 1

Kindly note this is a member-only event.

SNCF THANKSGIVING CELEBRATION 2022

Date: Monday 5 December 2022

Time: 6pm Dinner, 7pm Program

Place: Fairfield Methodist Church, Fairfield Hall level 1

Please whatsapp @91370972 to register or make enquiry.

SNCF Post READY TO JUMP (RTJ) Support Group

DATE: Monthly wef 7 January 2023

TIME: 9.30am to 11am Via Zoom

Please whatsapp Ms Janet Kong Hp: 93925800 to register or make enquiry.



MONTHLY PRAYER MEETINGS

CENTRAL and EASTERN REGION (held on Zoom and onsite)

Date : First Monday of Every Month

Time : 7pm

Onsite: workbase @ Fairfield Methodist Church

Zoom ID : 814 3156 3554

WESTERN REGION

Date: 1st Tuesday of Every Month

Time : 7.30pm

Venue : Blk 106, Bukit Batok Central, #04-221, (S650106)

St. LUKE's HOSPITAL FELLOWSHIP MEETING

Date: Every Wednesday

Time: 1pm to 1.30pm

Venue: SLH Chapel

KHOO TECK PUAT FELLOWSHIP MEETING (Salt & Light)

Date : 3rd Wednesday of Every Month

Time : 8pm – 9pm

Contact : Ms Toh Hai Moy Tel : 92375935

Zoom ID: 875 3029 7209 (on Zoom till further notice)

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Pay to "Singapore Nurses
Christian Fellowship"

Write your **full name, phone
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reverse side of the cheque.

Post to: **Toa Payoh Central,**

PO Box 468, Singapore 913116

2. INTERNET BANKING*

Enter DBS Current Account No.

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3. PAYNOW*

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purpose in the Reference field.

E.g. Lee Li Li 98765432 Mbr

Abbreviations may be used:

Mbr (Membership)

GF (General Fund)

SF (Sinking Fund)

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